

## Whole Wheat Dinner Rolls

Makes 10 to 12 large dinner rolls, or 2 pizza crusts. (I usually freeze half.)

Total Recipe has 1450 calories, 33 g fiber

Divided into 10 rolls, each has 145 calories and 3.3 g fiber

2.5 cups whole wheat flour

0.75 cups of hot tap water

Put the above in the bread maker together so they can rest while you get the rest of the ingredients ready.

3 teaspoons active dry yeast

2 teaspoons granulated sugar

0.25 cups of hot tap water

Mix the above in a small cup or bowl so it can proof.

Then add the following to the bread maker, on top of the resting flour/water:

2 Tablespoons wheat gluten (You can buy this at Central Market. Maybe Whole Foods. It helps the whole wheat flour rise so you don't have dense little rocks. This is the key ingredient to making this recipe work.)

1 teaspoon salt

1.5 Tablespoons olive oil (estimate the .5, or just use 2 T)

2 Tablespoons honey

Then add the proofed yeast mixture, which should have bubbled to about twice its size.

Start the bread maker on the "Dough" setting. Mine will then knead for 30 minutes.

When it finishes kneading, stop the cycle (unplug if necessary), and start over again on the Dough setting. Whole wheat flour needs more kneading than white flour.

After it finishes at least half of the rising part of the Dough cycle (a half hour), remove it and form it (or half of it) into dinner rolls or pizza crust. If making rolls, do not punch it down, and handle it very carefully to avoid losing rise. Do not squeeze or knead it. Instead of pulling it apart, use a serrated knife to cut it into the number of rolls you want. If making pizza crust, go ahead and roll it out. After you form it into dinner rolls or pizza crust, put it in a warm (but not hot) oven to rise (I preheat the oven for 2 minutes for this). If you put a pan of hot water in the oven with the rolls, they will rise higher. The other half can be frozen at this point. (Once frozen, the dough is especially suited for pizza crust — it rises less, but sticks less to the pan.)

And then, bake at 350 degrees for 3-10 minutes. Sorry that's so inexact; it depends on how much time it was rising. Eventually you learn how to poke it and know when it's done.